

USPS slammed with lawsuits over cigarette smuggling. 2

Director Deon Taylor talks powerful messages in his new hard-hitting film, 'Black and Blue.' 16

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NYC, Calif. sue US postal service over smuggled cigarettes

The Postal Service is accused of turning a blind eye to the illegal shipment of cigarettes.



New York City and California are suing the U.S. Postal Service for allegedly looking the other way when foreign cigarettes are shipped into the United States, claiming the smugglers are evading millions of dollars worth of taxes and empowering organized crime.

500K

Postal Service may be shipping as many as 500,000 cartons – five million packs of cigarettes – annually to New York City and New York State.

The joint lawsuit, filed in Brooklyn federal court, claims tens of thousands of cartons of cigarette packages are being mailed into the U.S. from places like Vietnam, China and Israel, among other foreign countries, then illegally shipped by the Postal Service. As a result, cigarette smugglers are able to evade cigarette taxes that add up to an an-



Cigarette smoking is one of the biggest causes of preventable premature death in the United States. Smoking annually kills more than 480,000 people nationwide, including 26,000 New Yorkers. GETTY IMAGES

nual tax revenue loss of \$21 million for New York City and \$19 million in California. But officials say the trafficking of untaxed cigarettes costs the U.S. more than just lost revenue. Congress has found that cigarette trafficking provides income to terrorist and organized crime groups.

"Cigarette smuggling doesn't just break the law – it endangers the health of countless Americans and enriches terrorists and organized crime," Mayor Bill de Blasio said in a news release. "Yet despite all of this, our nation's own postal service has ignored the practice and enabled one of the biggest killers in our country. It needs to end, and we intend to be the ones to end it."

The lawsuit seeks to put a stop to the Postal Service's alleged complicitness by forcing it, through a court order, to intercept and destroy packages believed to contain smuggled cigarettes. The lawsuit claims that the Postal Service fails to use a list of known commercial cigarette shippers provided by the U.S. Department of Justice to block shipments, so packages continue to be mailed even if they're labeled as "cigarettes." When postal workers do identify contraband cigarettes, they're simply returned to the shipper, allowing shippers to resend their packages.

According to the complaint, the government has seen success deterring domestic cigarette sellers from mailing cigarettes to buyers thanks to the federal Prevent All Cigarette Trafficking (PACT) Act of 2010. But international cigarette vendors have had an easier time slipping

through the cracks, as they're less subject to U.S.-based enforcement efforts.

Package audits conyear at Kennedy ducted last the John F. International Mail Facility found mail parcels containing more than 100,000 cartons of cigarettes destined for 48 states, though most were headed to New York and California. Based on those estimates, officials believe the Postal Service may be shipping as many as 500,000 cartons – five million packs of cigarettes - annually to New York City and Ňew York State. Éven more are believed to be shipped to California - 600,000 cartons, which would equate to six million

According to health officials, cigarette smoking is one of the leading causes of preventable premature death in the U.S., killing more than 480,000 people nation-wide each year, including 26,000 New Yorkers. That figure surpasses the combined number of deaths from alcohol, car accidents and guns. The World Health Organization has found that high taxes on cigarettes are highly effective deterrents against smoking, especially among young New Yorkers.

A Postal Service spokesman told the AP that it does not comment on active litigation.

Pound falls against dollar, euro after Brexit rejection

The British pound fell against the dollar and the euro after UK lawmakers on Tuesday rejected the government's proposed timetable for passing legislation to ratify its Brexit deal. Against the dollar, the pound was last down 0.40% to \$1.281, off the 5-1/2 month highs hit earlier in the session on optimism about the deal. Against the euro, the pound was last down 0.24%, to 0.862. The vote



leaves Prime Minister Boris Johnson's vow to leave the European Union by the end of the month in doubt. REUTERS

Loughlin facing new charges in admissions scandal

Federal prosecutors on Tuesday said they had brought ad-ditional charges against Federal prosecutors 18 wealthy parents, former university athletic officials and others accused of participating in the largest U.S. college admissions scam ever uncovered. Among those facing new charges are 11 parents including "Full House" star Lori Loughlin, who federal prosecutors in Boston say conspired to bribe University of Southern California employees

to secure the admission of her two daughters. She and her husband, fashion designer Mossimo Giannulli, were previously charged with committing mail and wire fraud and conspiracy to commit money laundering. They now face a new charge of conspiring to commit federal program bribery. The new charges filed against them and the other parents adds to the potential maximum prison terms they each face if convicted. REUTERS

Teen wounded in shooting near Calif. high school

Police said a possible suspect has been apprehended after a person was shot and wounded on Tuesday just outside a high school in Santa Rosa, California. All school lockdowns had been lifted and there was no evidence the weapon was on campus, authorities said on Twitter. Santa Rosa police called the shooting an "isolated" incident just beyond the walls of Ridgway High School, and said there were no further

reports of violence on the campus. One person was wounded in the shooting and receiving medical treatment, police said. The victim, identified as a 17-year-old juvenile, was in stable condition at a local hospital after suffering a gunshot wound to the abdomen, Captain John Cregan of Santa Rosa police told a news conference. Santa Rosa, a city of nearly 180,000 people, is about 50 miles (80 km) north of San Francisco, REUTERS

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Getting rid of the 400 buses is part of the larger Bronx Bus Network Redesign.



The MTA said it plans to eliminate 400 bus stops in the Bronx as part of a bus network redesign that will also include the addition of nbus lines and more frequent bus service.

The agency says they

are removing the stops based on feedback from transit advocates and riders who say the stops are too close together and cause traffic trouble, forcing buses to become backed up.

The new, more balanced spacing of stops will help speed up travel times, according to an MTA press release, which also says that during peak hours, it can take anywhere from 20 seconds to one minute to re-enter traffic from the stops.
Currently, the Bronx

bus stops are only 882 feet apart on average, which is around three blocks. The new plan will stretch out the stops between 1,000 feet to 1,680 feet, averaging out to 1,092 feet between stops.

The MTA said it is con-

sidering factors like the frequency of bus stop use, and the location of nearby schools, hospitals and retirement communities. Transit officials are also considering geographical challenges, like hills and how weather affects certain areas.

MTA plans on getting rid of 400 bus stops in the Bronx

The projects will begin in 2020 on the stations listed below:

- Pelham Parkway, Fordham Road, and West 207th Street, Eastchester Road to Broadway
- Pelham Bay Park Station Area
- Washington Bridge and West 181st Street, University Avenue to Broadway
- East 149th Street, River Avenue to Southern Boulevard L. Grant Highway, Cross Bronx Expressway to East 167th
- University Avenue, Kingsbridge Road to Cross Bronx Expressway
- Tremont Avenue, Sedgwick Avenue to Boston Road
- East 167th and East 168th streets, Jerome to Franklin
- Story Avenue, Bronx River Avenue to White Plains Road
- East Gun Hill Road, Bainbridge to Bartow avenues

Additionally, the MTA will create new local routes, such as the Bx25, and the M125, to help underserved neighborhoods. There will also be a Manhattan-Bronx express route (BxM5), which will give peak-hour service

from the north Bronx to Manhattan. Additional crosstown service will be provided in the central Bronx.

Additionally, different services will be streamlined and extended to make riding on the bus a

little more convenient. According to a press release, two express routes, BxM2 and BxM18, will change their routes to avoid Madison and Fifth avenues. The rerouting will go to Henry Hudson Parkway from Riverside Drive to midtown Manhattan.

The MTA is also adding more transfer points to service customers and will increase the frequency on major corridors.

The agency is also seeking to add transit signal priority (TSP) and digital travel information. NYC DOT and the MTA are planning on installing more TSP and real-time signs at stops. By 2021, they are planning on hav-ing the TSP software on the entire fleet.

The MTA will be partnering with the NYC DOT to give a few chosen bus corridors a makeover.

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Pivotal witness testifies in impeachment probe

William Taylor offered key impeachment testimony.

metr⊕

As another key career diplomat witness appeared on Tuesday in the impeachment inquiry into U.S. President Donald Trump's dealings with Ukraine, Trump called himself the victim of a "lynching," a comment that dredged up a painful chapter in race relations and was swiftly condemned by numerous lawmakers.

William Taylor, who as the charge d'affaires is the top U.S. envoy in Ukraine, walked past journalists without answering questions as he made his way into the U.S. Capitol for closed-door testimony to the three Democratic-led House of Representatives committees leading the inquiry.

Taylor's appearance marks another pivotal development in the political drama unfolding in Washington – focusing on Republican Trump's request to Ukraine to investigate Democratic political rival Joe Biden – that threatens Trump's presidency even as he pursues re-election in 2020.

Trump, a day after calling on his fellow Republicans to get tougher in defending him in the inquiry, inflamed the controversy by writing on Twitter, "All Republicans must remember what they are witnessing here - a lynching. But we will WIN!

African American lawmakers and others denounced Trump for the remark because of the past U.S. history of lynching of black people, particularly in formerly pro-slavery Southern states.

"Lynching is a reprehensible stain on this nation's history, as is this President. We'll never erase the pain and trauma of lynching, and to invoke that torture to whitewash your own corruption is disgraceful," Senator Kamala Harris, a Democratic presidential contender, wrote on Twitter.



Acting U.S. Ambassador to Ukraine Bill Taylor arrives to testify at a closed-door deposition as part of the U.S. House of Representatives impeachment inquiry. REUTERS

But Republican Sena-Lindsey Graham, whose home state of South Carolina has a large black population, defended Trump's language, saying that "this is a lynching in every sense. This is un-American."

Trump's administration has not cooperated in the impeachment inquiry, seeking to block testimony and documents. The House Intelligence Committee issued a subpoena to compel Taylor's testimony after the State Department had directed him not to appear, an official said.

The House is focusing on Trump's request dur-ing a July 25 telephone call with Ukrainian President Volodymyr Zelensky that he investigate former vice president Biden and Biden's son Hunter. Biden is a leading contender for the 2020 Democratic presidential nomination to face Trump. Hunter Biden had served on the board of a Ukrainian energy company.

Trump made his request – described by Democrats as an improper invitation for foreign interference in an American election - after withholding \$391 million in security aid approved by the U.S. Congress to help combat Russia-backed separatists in eastern Ukraine. Zelensky agreed to the request. The aid was later released.

Taylor mentioned his

concern about withholding U.S. aid on Sept. 9 to Kurt Volker, the State Department's then special envoy to Ukraine, and Gordon Sondland, the U.S. ambassador to the European Union, in a text message provided to investigators and later made public.

"As I said on the phone, I think it's crazy to withhold security assistance for help with a political campaign," Taylor wrote.

Taylor was tapped to serve as charge d'affaires in Kiev, where he had served as U.S. ambassador from 2006 to 2009, after Trump in May abruptly removed Ambassador Marie Yovanovitch. Trump's personal lawyer Rudy Giuliani had portrayed her as resisting his efforts to push Ukraine to investigate the Bidens.

Yovanovitch testified in the impeachment inquiry on Oct. 11.

Trump has denied any wrongdoing and accused Democrats of trying to oust him to prevent him from being re-elected.

Trump's lynching remark was his latest racially tinged comment, coming two years after he said there were "very fine people on both sides' after clashes at a rally by white nationalists in Charlottesville, Virginia.

Hakeem Jeffries, chairman of the House Democratic caucus, urged Trump to apologize for his comment. REUTERS



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Liberal leader and Canadian Prime Minister Justin Trudeau GETTY IMAGES

Canada's Trudeau clings to power; must court left after **losing popular vote**

Trudeau overcame blackface and corruption scandals.

Canadian Prime Minister Justin Trudeau hung onto power after a tight election on Monday that saw his government reduced to a minority, results that will likely push his agenda to the left while alienating energy producing provinces.

Trudeau, one of the world's most prominent progressive politicians, struggled with domestic scandals. He now looks set to govern with support from the left-leaning New Democrats, who have 24 seats.

His Liberals did not win any seats in the oilrich provinces of Alberta and Saskatchewan. The party was leading or elected in 157 seats, a decrease of 20, preliminary results showed.

Minority governments in Canada rarely last more than 2-1/2 years. Although the New Democrats lost 16 seats, leader Jagmeet Singh is positioned to press for action on priorities such as more social spending and increased action on climate change.

One senior Liberal noted that many legislators need to serve another two years to meet the six-year requirement for a Parliamentary pension.

That gives us a pretty free hand for that period, said the Liberal, who requested anonymity given the sensitivity of the mat-

The New Democrats struck deals to help keep Liberal minority governments in power from 1972-1974 and in 2005.

Together the two parties can muster a majority 180 seats in the 338-seat House of Commons.

The election was a disappointment for Conservative leader Andrew whose party Scheer, gained seats but not the majority it had sought.

The Canadian dollar weakened against the greenback on Tuesday and the heavily-weighted energy sector fell on the Toronto stock market, as investors worried that a minority government would make it more difficult to build new oil pipe-

Trudeau visited Montreal's subway, posing for selfies with commuters early on Tuesday.

Trudeau barely mentioned the loss of his majority when he spoke to supporters early on Tuesday, saying he had "a clear mandate" for a progressive agenda and more action to combat global warming. REUTERS





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BRIEF

City worker fatally run over by colleague near Gracie Mansion

A city transportation worker was killed Tuesday morning after he was run over by a truck driven by a colleague during Upper East Side road repairs.

Eduardo Calleabril, 44, died after he was run over by a colleague around 1 a.m. on Tuesday, when Department of Transportation (DOT) workers were repaving East 88th Street, which is a block away from Gracie

The NY Daily News reported that a 35-year-old worker was driving a Mack truck when he backed it up and hit Calleabril, knocking him to the ground. The truck then rolled over Calleabril.

A witness told ABC, "There were a couple of guys screaming at someone, not the guy driving the truck, the guy driving the

truck was in complete shock, based on the angle, he didn't see him.'

The witness continued, "But there was somebody apparently giving him directions, they kept screaming at him ... another guy came over and said, 'It could've been me,' and the police and his buddies had to separate him."

It was reported that other residents in the area also heard the screaming and yelling as a result of the incident. The victim was taken to the New York-Presbyterian/Weill Cornell Medical Center, where he was pronounced dead.

Distraught DOT workers left the scene in tears and left a vigil of flowers and candles.

It was reported that the police took the driver in for questioning, but at this time, the driver has not been charged.

This investigation is ongoing. BECCA GLASSER-BAKER

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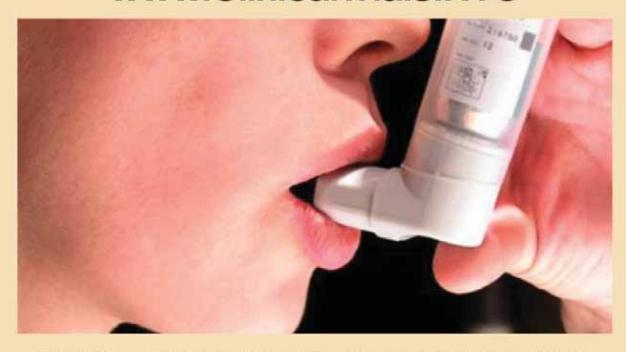
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City approves design for Central Park's first statue of women

Currently, all 23 historical monuments in Central Park are of men.



DEVIN GANNON

New York City's most famous park will get a new statue honoring women for the first time ever.

The city's Public Design Commission on Monday approved a design for a new Central Park monument that depicts women's rights activists Sojourner Truth, Susan B. Anthony and Elizabeth Cady Stanton. Set to debut next summer on the 100th anniversary of the 19th amendment's ratification, the statue's approval comes as the city looks to address the lack of women honored in public spaces. Currently, all 23 historical monuments in Central Park are of men.

Sculpted by artist Meredith Bergmann, the "Women's Rights Pioneers Monument" includes the three women in bronze sitting and standing on a granite pedestal. It portrays Truth speaking, Anthony organizing and Stanton writing, according to the artist.

When the original proposal was first unveiled last year, it featured only Stanton and Anthony. After critics called out the design for not recognizing the efforts of black women in the women's suffrage movement, Bergmann added Truth, an abolitionist who also fought for women's rights.

Like the women I'm portraying, my work is meant to raise questions and to provoke thought," Bergmann said in a press release. "My hope is that all people, but especially young people, will be inspired by this image of women of different races, different religious backgrounds and different economic status working together to change the

The statue comes after a multi-year effort from the volunteer-run nonprofit Monumental Women. The group raised \$1.5 million in private funding to pay for the statue. Pam Elam, the president of Monumental Women, said the statue is "finally breaking the bronze ceil-

ing."
"This statue conveys ing together to bring about revolutionary change in our society," Elam said in a press release. "It invites people to reflect not just on these women and their work for equality and jusmental women who came before us."

The Women's Rights Pioneers Monument will be unveiled on August 26, 2020, to celebrate the centennial anniversary of the 19th amendment. The statue will be located on Central Park's Literary Walk, joining statues of writers like Robert Burns, Sir Walter Scott and Fitz-Greene Halleck.

Expect to see more statues of women pop up across New York in the near future. First lady Chirlane McCray's She Built NYC campaign announced earlier this year plans to build statues of pioneers like Shirley Chisholm, Billie Holiday, Elizabeth Jennings Graham, Dr. Helen Rodríguez Trías and Katherine Walker.

And after the Italian-American and Catholic community criticized the She Built NYC campaign for not honoring Mother Frances Cabrini, despite garnering the most votes in a public nomination process, Gov. Andrew Cuomo announced that a new state commission will lead the development of a memorial for Cabrini.

This story was provided to Metro through an agreement with 6sqft. Visit www.6sqft.com for more stoNot knowing what to do IMMEDIATELY after a car (or work) accident can lead to devastating medical and legal consequences... even if you are not at fault

Crucial Facts Everyone Injured In A Car Accident Should Know

Knowing this could save you from a medical or legal disaster ...

NYC - If you have been injured in a car or work accident... there are two things you must know to make sure you get the best possible care and that your rights protected.

In just a moment, I'm going to give you that extremely valuable information that will probably save you from making a costly mistake.

But first, let me ask you this... You were just in a car accident. It's a tiny "fender bender." And it's not your fault... someone hit you from behind while you were stopped.

The other person is nice. And upset. They say you don't need to call the police or get insurance involved. They will pay you for the damages. Should you do it?

The answer is ABSOLUTELY NOT

Don't start dealing with the other party and say "let's deal with this on the side".

Let's face it... you don't know who these people are and what they are going to do.

We can give you plenty of examples of people trying to be nice and doing this only to find out the next day that the other person all of a sudden changed their story and there is a huge legal mess.

You may even be charged with leaving the scene of an accident. <u>Do not leave the scene</u>. That can be looked at as illegal.

Call the police. Get law enforcement there to document that the accident took place and exactly what happened.

Quick aside: If this is a work injury... call your supervisor. Right away!

Don't go to your supervisor a week later saying you were injured. That can look inappropriate and lead to issues.

Back the the car accident - if you do not feel well after an accident, tell the police officer and they will arrange for you to be taken to a hospital.

But even if you are feeling OK... there is something call D.O.S.... or "Delayed Onset Syndrome."

This means you can feel fine right after the accident but pain and symptoms can come hours, days or even weeks later.

This is pretty well documented in the medical literature. So, you should always go to a doctor shortly after an accident just to be checked over and see what's really going on.

And of course - take pictures of the accident. Everyone has cell phones nowadays... so take a few shots of the scene and the cars involved.

As soon as you can, contact your insurance company to report the accident and let them know what happened. Then follow up with the law enforcement agencies to get official reports of the accident.

Most accidents cause damage to the human body that can last a lifetime... so they should not be taken lightly. Make sure the accident is documented and you see the right doctor who deals with these types of injuries. With trauma.

Many people believe they should go to an attorney first. This may be because of all the legal advertising for accident victims... and that we live in a very litigious society. In other words... everyone either wants to sue or is afraid of getting sued.

There is no doubt... hiring the right attorney is extremely important.

But even more crucial is going to the right doctor.

It is extremely important you go to physicians who are trained in diagnosing, analyzing injuries and managing proper treatment.

Buck to DOS: One of the major issues with *Delayed Onset Syndrome* is that if you go to the wrong doctor and they miss the proper diagnosis your injury can remain dormant. Hidden and untreated for long periods of time. That "minor" injury may turn into a major problem for the rest of your life.

This is why is is VERY important that you get examined by a doctor... or group of physicians... who is trained in these trauma related injuries. In other words... make sure the proper expert is evaluating you.

What about going to a doctor your attorney picks for you?

Often times attorneys have relationships with doctors and make referrals. This may or may not be the best doctor for you. Are they experts at legally documenting a case AND diagnosing and treating these types of injuries? Will you be personally comfortable with this doctor. That is something you have to think about and find out.

Is this a doctor who just runs a mill of car accident and work comp patients in and out... getting referrals from a relationship with attorneys... or is this a doctor who really cares about you?

Because...while the legal issues are important... the doctors job is to minimize the injury and make sure you get it treated the best way possible and aren't left with debilitating and lifelong issues.

You want to do a little research when choosing your doctor. Listen to your attorneys legal advice... but they are not doctors and they should not be directing all your medical care.



Car or work accidents can be life changing events. Knowing what to do can be the difference between navigating the legal and medical system smoothly... or a complete disaster. Not to mention lifelong injuries and bills. You need a guide to help you make the right decisions.

To sum it up... you want a doctor who is both a skilled expert at diagnosing and treating these types of traumatic injuries... and... documenting your injuries for any legal issues or the case you may

have. Both of these things are a must. Finding doctors with ALL these skills is the key...

Finding doctors that can give you the best possible medical care and are also skilled at documenting your case, dealing with insurance companies... their attorneys etc. etc. etc.

How can you find doctors with these skills?

Here's how; NYC Pain MD is a medical clinic located in New York City that has expert doctors that are trained and skilled at some of the best medical treatments available today... and will give you all the medical guidance you need for your legal case.

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What type of car or work accident injuries do we treat?

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- Knees

- Headaches
- Shoulders
- Hands and wrists
 Feet and ankles
- Various soft tissue injuries to muscle, ligaments and tendons
- · And more.

One of the best things about NYC Pain MD is that it has both advanced treatments and medical technology all under one roof. Patients love this because they do not have to travel to a bunch of hospitals, surgi-centers or other doctors to get most of the treatments they need.

And results are great because the doctors are all working together to get you out of pain.

And if you have s condition or need a treatment we don't offer... the proper referral will be made to get you the best possible care needed.

If this sounds like something you'd like to check out... now you can . . . for free.

As a community service, NYC Pain MD offers free screenings to anyone injured in a car or work accident.

During this screening, you get to talk to one of the doctors and get all your questions answered. The questions answered on how your injuries can best be treated by the NYC Pain MD medical team (or elsewhere if necessary).

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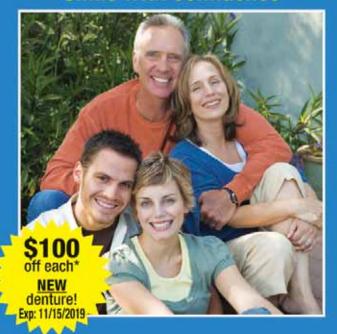


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New study shows NYC is the best city in America to celebrate Halloween

New York, NY tops the list of best 100 cities to celebrate Halloween in.



A new study shows just how much New Yorkers love Halloween.

An analysis by WalletHub found that out of 100 American cities, New York City is the best place to celebrate the fall holiday, based on its 'Halloween Fun.'

Despite its reputation for rudeness, New York City took the second spot for 'Trick-or-Treater Friendliness,' coming in behind Gilbert, AZ. Čandy must bring out the best in New Yorkers, as the city scored the number one spot for most candy and chocolate stores per capita.

The study also found that \$2.6 billion is expected to be spent nationwide on Halloween candy this year.

If you were curious about America's most coveted candy, the analysis covers that as well. It turns out that America's five favorite Halloween candies are: Skittles, Reese's Cups, M&M's, Snickers and Starburst. Additionally, 68 percent of Americans say that chocolate is their favorite Hallow een treat.

Besides being a candy cornucopia, New York also has the most costume stores per capita in the United States. When it comes to dressing up for spooky festivities, the study shows that 1.3 million kids are planning on dressing up a witch, 2.4 million children will be dressing up as their favorite superhero and 3.1 million children will be dressing up as their favorite princess.

Kids are not the only ones getting into the holiday spirit. Five million adults are planning on dressing up as witch-

es and 2 million planning on dressing up as vampires. W

should only humans get in on the fun? It was reported that 17 percent of Americans are planpets on Halloween. The most popular costumes for pets are pumpkins, dogs, superheroes and bumblebees.



The study also found that \$2.6 billion is expected to be spent nationwide on Halloween candy this year.

Costumes are great and all, but there is a lot more to do than eat candy and buy a costume this spooky season. Nearly half of Americans are planning on decorating their homes to celebrate Halloween. Forty-four percent of Americans are expecting to carve a pumpkin. Besides the decor, 32 percent of Americans are either attending or hosting a Halloween party.





sudoku

EASY

			1			9		
2	3		4			7		6
	8	9		6		4		5
	9	7	2	1				
		2	5		4	1		
				9	6	3	8	
7		8		5		2	9	
6		3			1		5	7
		1			2			

MEDIUM

			3	2	7			
6			9					
	1			5	6	8	7	
8						1		3
	7			9			4	
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	3	1	5	7			8	
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HARD

		4		6			7	
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	3			7		1		
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	7		9		3		4	
		3		2				9
		2		9			1	
			3			8		5
	6			5		4		

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Yes, I suffer from knee pain, heavy mortgage, low libido, costly auto insurance, sagging skin, loss of hearing, nerve pain and chronic aches, snoring, obesity, bad credit, fungus (don't ask!) and a host of other maladies too numerous to mention. I do appreciate your reaching out, but can you offer me something for the pounding headache I now have after deleting all your emails?

Rollo, Metro US reader





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metro.us/horoscopes



Aries Don't jump into something without doing adequate research. Expand your mind, ask questions and offer suggestions that will ease whatever transition you face.



Libra What you do for others will not be forgotten. If you need a favor, ask for it. An unexpected change will turn into a blessing in disguise.



Taurus Take a leap of faith and see where you land. The journey that begins now will be a learning experience as well as a chance to gain ground mentally, physically and emotionally.



Scorpio Hide your emotions from anyone prying into your business. If you show vulnerability, someone will use it against you. You'll come out ahead if you smile and conduct business as usual.



Gemini Be careful when dealing with sensitive issues. If you say something in jest, someone will take offense, leaving you in an awkward position.



Sagittarius Look at the bright side of every situation to gain popularity. Offer positive suggestions and be open to new adventures. Prioritize personal growth and helping others.



Cancer Take part in something that interests you to expand your mind, challenge your body and enlighten your soul. A change of heart and direction will improve your life.



move forward instead of discouraging you. If you embrace whatever comes your way, unexpected rewards will follow. Live, love, laugh and be happy.

Capricorn A change should encourage you to



Leo Personal growth, physical improvements and getting things done on time should be your priorities. Don't follow someone else when you have your own responsibilities.



Aquarius Take a deep breath and set a comfortable pace. You don't have to keep up with anyone. Decide what's best for you and head in that direction.



Virgo Unfamiliar surroundings will spark your imagination, and the people you encounter will offer information that will lead you to consider making a change.



Pisces Be a participant, a doer, a helper and an inspiration. How you project your self-image will determine what you get in return. A positive change will bring high returns. BUGENMA LAST



Lizzy Caplan and Tim Robbins on bringing 'Misery' to 'Castle Rock'

Season 2 of the Stephen King Hulu anthology series premieres today.



patrick.king@metro.us

Last year, Stephen King fans were treated to a reimagining of his famed eerie town with Hulu's "Castle Rock." While that season deepened the mystery of that quiet Maine town with a trip back to Shawshank prison, Season 2 of the show follows a different beloved narrative with a prequel to "Misery," with Lizzy Caplan taking on the iconic role of Annie Wilkes, which earned Kathy Bates an Oscar for her portrayal in the 1990 classic film.

In this new story, we catch up with Wilkes as she is driving around the country with her daughter Joy (played by Elsie Fisher of "Eighth Grade") as she changes identities in order to find work as a nurse to steal prescription medication in order to combat her mental illness. The two find

themselves stranded in the town of Castle Rock when they run into car trouble and Annie is forced to find work at the local hospital in or-der to raise money to leave, as well as get the pills she needs. As we follow her, the reasons why she and her daughter are on the run become more clear as we get a peek inside one of King's most complex characters.

For Caplan, getting to play one of her favorite characters in both film and literature was a surreal thrill.

"One of the most interesting things about Stephen King," says Caplan, "is that, obviously he's an author, but because his books have spawned so many classic films, there's this mix of the books together and the films in everybody's minds. 'Misery' being a prime example. That book and that film are so intertwined that it's hard to separate Annie from what Kathy Bates did. So much so that, I was recently on a road trip and I was listening to an audio tape of 'Misery' and the woman



reading the audio book was flipping into Kathy Bates-type vocal inflec-

All of this history surrounding the character of Annie Wilkes just made Caplan want to take extra strides to do her story justice.

"I just knew that this character was very unlike anything I had played before and I wanted it to feel very different. For me, on set, I didn't want to recognize any part of myself in who this character was. As a fan of the book and a huge fan of the film, that was the Annie Wilkes that is seared into my brain. I think it

would be off-putting for me as a viewer to try to create something that couldn't feasibly be a prequel to the story we all know and love."

Both Wilkes and her daughter get taken in by "Ace" Merrill (Paul Sparks), the heir to the Merrill crime family that runs the town of Castle Rock. Merill's dying father, Pop, is played by an actor who was involved with one of King's most iconic film adaptations, Tim Robbins. I asked Robbins how it felt to be invited back to explore Castle Rock nearly 25 years since the release of "The Shawshank Redemption."

"It's such a different universe than the other Stephen King thing I've done," says Robbins. "But that's a testament to him as a writer. He's so multifaceted as a writ-

That of course, is absolutely what makes this show such a pleasure for longtime fans. Although King may be regarded as a master of suspense, he sometimes does not get the recognition he deserves for the vast emotional territory he has been able to inhabit as a writer. This is something that Robbins has always respected and been drawn to as a fan.

"He's always had an understanding of not only the darkness of humanity but to be able to write those novels that scare the hell out of you and then write the different novellas. It's that thing where historians are always like, 'How is it possible that Shakespeare wrote 'A Midsummer Night's Dream' and 'Hamlet?' They're two wildly different plays! One's a comedy and one is one of the greatest tragedies of all-time.'

Look at Stephen King. He does it all the time," says Robbins.

There are many different callbacks and references to classic works in the author's oeuvre, though one in particular will be a welcome surprise for fans of his seasonal horror classics. To reveal it here would, of course, be an unredeemable spoiler. But knowing that fans of "Misery" will be able to follow the story of Annie Wilkes one more time is satisfying enough for now. By using her as the focal point and the antihero of this story, we get to see her piece together the evils of the town, even as those around her question her judgement.

"I was excited by the notion of an extremely unreliable narrator being the protagonist," says Caplan of playing the historically unhinged character. "It's a very ambitious thing to do to show the audience this totally bonkers world and then your way in [as the audience] also happens to be this totally bonkers human

MODELS THAT ARE CHANGING THE "ALPHA

Long ago, Cary Grant, David Beckham and Chris Hemsworth stopped showing masculinity as an ideal image because fashion is more diverse than that. Metro highlights other models who contribute to transforming the clichés of the "white alpha" man. LUZ LANCHEROS MWN



KROW KIAN

(Instagram: @krowwithak)

Kian is transgender and has already worked with brands such as Louis Vuitton, Alexander McQueen and Haider Ackermann. @krowwithak has also appeared in several editorials such as Vogue and Dazed, among others. In fact, he debuted with Louis Vuitton, which was looking for transgender and queer men for a catwalk. Through cosplay culture and Japanese culture, Kian began to assume the identity and started the process of sexual reassignment. This process was revealed in a documentary called "TRANSformation," where Krow told the world about the entire process.

SHAUN ROSS

(Instagram: @shaundross)

This albino model could already be classified as a "supermodel." Ross has been in the industry for a decade. He suffered from bullying because of his appearance and at 16 he was discovered on YouTube. Shaun appeared in videos of Katy Perry, Beyoncé and Steve Aoki, among other artists. Belonging to the famous House of Xtravaganza, his latest collaboration was made with the United Nude brand.





LEON DAME

(Instagram: @leondame)

Dame went viral thanks to his peculiar catwalk in Margiela's recent presentation at Paris Fashion Week, when he was dressed as a sailor. That performance was rehearsed and managed to make Anna Wintour smile. Dame already has a lot of experience: he debuted in 2016, is 20 years old and was discovered while on a bus. Currently, Leon studies theatre theory and politics in his hometown. He has already modeled for Alexander McQueen, Bottega Veneta and Valentino, among other brands.

ADONIS BOSSO

(Instagram: @septumpapi)

Bosso has been modeling for ten years and has worked with Dolce & Gabbana, Armani Exchange and Vivienne Westwood, among other big brands. His look is imposing and elegant, yet eclectic. It works both for disruptive publishers and for designer brands such as Moda Operandi. He has a son with model and actress Slick Woods.





ZACH MIKO

(Instagram: @zachmiko)

He is the male equivalent of Ashley Graham, a large size model paving the way for other colleagues such as the Chilean Cristian Vargas. Miko is represented by IMG Models and signed a contract in 2016. He was one of the first plus-sized models to be recruited by an important agency and work with large brands, which he could never achieve as an actor (he took part in "Shades of Blue" and "The Wolf of Wall Street"). On the other hand, as a model he has already appeared in campaigns for Target, Uniqlo and Nordstrom, among other brands. And while the conversation about sizing for men has shifted, ironically, it is still difficult to find clothing that fits him.



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Director Deon Taylor talks hard-hitting new film "Black and Blue."



MOLLY GIVEN

What does it mean to follow a code to the point of moral unconsciousness? Where is the line blurred between loyalty and the bonds we have as human beings?

Those questions are what Deon Taylor examines with his latest crime thriller "Black and Blue," starring Naomie Harris and Tyrese Gibson. Taylor wanted the action-packed New Orleans-based film to hit hard with the explosive plotline but also act as a vehicle to start important conversations about those in power being held accountable.

Taylor sat down with Metro to talk about his inspirations for the film, his take on police officers' relationships in our country

today and to give his take on why being the change is far more essential than ever before.

What first drew you to the film?

I originally just finished up the movie "The Intruder" when I was handed the screenplay for the film. I remember reading it for the first time and just thinking it was a really cool script; it was fun, there was a lot of action and a few things grabbed me. First, the involvement of the body cameras, and secondly, I also don't think I've ever seen a film with an African American female cop as the lead. That stuck with me, it really grabbed me. This is the first film where it's a much bigger movie than just me. The screenplay, the culture and what I've lived and have been through - just those nuances that are now in the DNA of "Black and Blue" really made me fall all the way in love

with the film.

How did you decide on Naomie Harris for the role of Alicia West?

I'm already a bit unorthodox when it comes to casting - I really like people that play against type. But this movie is different. When I started to listen to actors that people thought were really good for the film, I just didn't think it would work for whatever reason. Somebody said Naomie Harris' name once, and I remember going "That's her." It was actually that fast. Some people brought up that she hadn't had a lead in a film, but it didn't matter. [She] is what we needed for this type of film. You have to have an actress that can speak to the audience without uttering a word - and she does that. She has to be vulnerable, she has to fall down, get hurt, cry, move and still be powerful and command the screen.



I truly believe Naomie Harris is one of the most important actresses of our generation

Alicia West seems to be the only character who takes a stand against corruption, why was the line of moral choices blurred for the other characters

so easily? Frank Grillo's character has a monologue at the end that I really like a lot, it's very powerful. If you aren't so engrossed in the action and you listen to what he's saying, he basically is talking about a corrupt city. Post-Katrina, everybody left and there

was almost a post-apocalyptic war that was there where people were running rampant. There really was no law and cops that were patrolling those areas needed to do whatever they could to survive. In this movie, that's how he was policing. I'm from Gary, Indiana in the Chicago area and there was plenty of corruption there with cops, even with gangs. Bribes, drugs this is normal in a lot of cities. I believe that Frank Grillo and those other characters really embody cops that went down the wrong path and went rogue operating under their own code. That's why I love Reid Scott's character, he reminds me of a kid who was recruited into a gang and had to be affiliated even if he didn't want to be a part of it. The beautiful and

Naomie Harris' character fights to be that change.

What do you hope audiences take away from the

I think "Black and Blue" is a completely different experience – it's a movie that is a hybrid. My idea behind the movie was to give you the same energy that you get in "Training Day" and "Sicario," but I wanted those moments where I can say something to you. When things like Atatiana Jefferson being shot happen – normally everyone mums the word, no one has anything to say. The reality is there is a cop standing behind the cop who saw everything. What I want to say to you in between this incredible rollercoaster ride is very simple: have integrity as a human, say what you saw and be the change.

"Black and Blue" hits theaters Oct. 25.

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FIGLeon posted on Twitter.



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Knee Arthritis Pain? 10 Year Medical Study Reveals Knee Replacement Avoided With Newest Medical Treatment In 3 of 4 Cases

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Here's why: What should be looked at as a landmark and startling study by the medical world, research published by a noted Orthopedic Surgeon in the Journal Of Knee Surgery revealed that 75% of those with Grade IV (often called "bone on bone") knee arthritis were able to avoid the surgery more than 7 years and beyond.

When doctors accurately placed FDA approved lubricating medicines using advanced imaging into almost 2000 arthritic knees (like putting oil on a rusty door hinge or automobile engine) the majority of patients actually responded well enough to avoid major and complex knee replacement surgery. But, the

procedure needs to be done by experienced doctors using the best technology for optimum technique and results.

Know this: This is an FDAcleared REAL medical treatment that must be given by a skilled professional.

These special treatments are now available right here in NYC for Tri-State area arthritis sufferers. And many insurances, even Medicare, cover these treatments for qualified patients.

More Good News: NYC Pain MD, the NYC area's "go to' medical group for non-surgical arthritis pain management is now offering these simple, in-office treatment programs and offers a No-Cost, No-Obligation screening appointment to find out if you qualify. To speak with a scheduling coordinator about a screening appointment, just call 877-228-5490.



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Are you safe from cyber criminals?

Apple Bank has some tips to keep you safe METRO STAFF

Convenience can be a double-edged sword. By having most of our personal and financial information ready to go on most of our mobile devices, we can easily pay our bills and keep our lives sorted out much more easily than ever before. The only problem is, this leaves us wideout in the open and vulnerable to those looking to take advantage of us. That is, without taking the proper precautions to safeguard against identity theft.

One new form of identity theft that has emerged is known as "credential stuffing". This new technique used by cyber criminals involves them using stolen data from social media accounts and randomly plugging in this information across online banking sites to see if the corresponding passwords work. Once they are in, they can have their way with all of your savings and other financial informa-

Throughout October, New York's own Apple Bank has been promoting this month as "cyber security month" offering helpful tips to keep these cyber criminals at bay. Here are 11 "dos" and "do nots" listed on the Apple site to help you stay safe.

- Do choose different user IDs and passwords for your online accounts.
- Do choose strong passwords.
- Do change passwords regularly.
- Do turn on two-factor authentication when offered.
- Do Not reuse passwords across your online accounts.
- Do Not reuse user IDs across your online accounts.
- Do Not use your email address as your user ID.
- Do Not use easy, guessable passwords; try substituting special characters for certain letters.
- Do Not utilize your Facebook login to access financial websites.
- Do Not use the same password for your online and social media accounts.
- Do Not respond to phone, email or text requests for personal or confidential information.

For more information, make sure to head over to applebank.com.

2019-20 PREVIEW

The Nets have taken over New York but without Kevin Durant, how far can they go this season? Metro takes a look.



Jun. 30 will forever be the day that changed the Brooklyn Nets as they came away with two of the NBA's most coveted free agents in point guard Kyrie Irving and forward Kevin Durant.

After a 2018-19 season that provided a return to the postseason in four years while ending nightmarish stretch in which they were the worst team in basketball, the Nets have quickly entered the conversation as

illes bes

11

KYRIE IRVING

Eastern Conference contender.

The legitimacy of that label, though, might not become real until next season.

Durant is expected to miss the entire 2019-20 season as he continues to recover from a ruptured Achilles suffered in the NBA Finals as a member of the Golden State War-

That leaves Irving as the main man this season in Brooklyn, where he is poised to continue his All-Star career for the team he grew up rooting for.

That being said, his supporting cast will be vital for the Nets to make a second-straight playoff appearance.

Joe Harris and his league-leading 47.4-percent efficiency rate from three-point range is imperative to stretch out the offense while Spencer Dinwiddie will provide high-quality backcourt minutes off the bench for

both he and Irving.

A healthy Caris LeVert is expected to take the next step as a viable scoring option in his fourth year in the league while Jarrett Allen has shown flashes of becoming a force down low, especially on the defensive side of

It should be enough to get the Nets back into the postseason, but how far can they go in 2019-20?



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KYRIE'S TOWN

A six-time All-Star and an NBA champion, Irving is in his prime and playing the best basketball of his career. Over the past three seasons, he's posted 24.5 points

and six assists per game as one of the elite scoring floor generals in the NBA.

Obviously, his arrival in Brooklyn comes with the usual pressure. With no Durant, he needs to be the man to lead the Nets to the postseason this year to build toward a title contender in the next few years.

But there is an added bit of stress considering the chance the Nets took in their backcourt.

Signing the 27-year-old meant parting ways with D'Angelo Russell, who was traded to the Golden State Warriors this summer. Russell was coming off a career season under the point-guard guru that is Atkinson — posting a career-best 21.1 points and seven assists per game as a 22-year-old.

If Irving struggles — or if drama

comes creeping in as it did in Boston Nets fans might be wishing for the

day of Russell.



PG- KYRIE IRVING **SG**- JOE HARRIS **SF-** CARIS LEVERT **PF**- TAUREAN PRINCE **C**- JARRETT ALLEN

BENCH: SPENCER DINWIDDIE, GARRETT TEMPLE, DZANAN MUSA, WILSON CHANDLER, DAVID NWABA, DEANDRE JORDAN

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Expectations are low once again for the Knicks. But with a young core pieced together, is there a light at the end of the tunnel?



For the New York Knicks, the only way to go is up.

All the suffering that came with a 17-65 season last year — which was their worst in franchise history - still wasn't completely worth it when the team missed out on the No. 1 overall pick of the 2019 NBA Draft.

While they missed out on Zion Williamson, the Barrett era is officially underway in New York as the other Duke standout joins a young core of

Knicks that offers some promise for the future.

Four of the five members of the Knicks' starting five this season, including the 19-year-old Barrett, are under the age of 24 — the lone exception being the 30-year-old Marcus Morris at the small forward spot.

The supporting staff provides just as much youth as the organization awaits the official arrival of Frank Ntilikina. The French guard who was selected eighth-overall two years ago has struggled to find his offensive game in the NBA.

Last year's ninth pick, Kevin Knox, is also expected to continue his climb in the pros as the forward offers the promise of becoming a dangerous two-way threat in New York.

General managei Scott Perry and head coach David Fizdale added some veteran experience — particularly in the frontcourt — to add some mentorship within the Knicks' ranks.

While they struck out on big-name free agents, the likes of Bobby Por-tis, Taj Gibson, and Morris are going to help in the development of the younger players.

Morris has become the posterchild for the team's new mantra, too, claim-ing that the Knicks won't be taking "no s—t" from anyone this season.



MSG NETWOR

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Barrett is the latest lottery pick that will be saddled with the expectations of trying to lead the Knicks out of the darkness.

The 6-foot-7 talent can play at either the 2 or 3, but the Knicks' initial plan will be starting him in the shooting guard role to try and get the most out of his

Barrett could prove to be a matchup nightmare for the opposing backcourt given his combination of size, ability, and offensive skillset.

But don't expect All-Star-caliber numbers immediately.

Among the most notable things the 19-year-old Toronto native needs to improve on is his shot selection. At times, the youngster will try to force up bad shots if his offensive game is struggling to get going.

Regardless, this is a talent who starred on the largest of college stages at Duke, averaging 22.6 points, 7.6 rebounds, and 4.3 assists per game.

The preseason offered a promising glimpse of what Knicks fans might see this season as he posted 15.6 points, 6.8 rebounds, RJ and 3.2 assists per game.

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PG- DENNIS SMITH JR. SG- RJ BARRETT **SF-** MARCUS MORRIS **PF-** JULIUS RANDLE **C-** MITCHELL ROBINSON

BENCH: FRANK NTILIKINA. ELFRID PAYTON. KADEEM ALLEN, ALLONZO TRIER, WAYNE FILINGTON. REGGIE BULLOCK, KEVIN KNOX. DAMYFAN DOTSON, BOBBY PORTIS. TAJ GIBSON

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JETS' OFFENSIVE LINE DETRIMENTAL TO SAM DARNOLD'S CAREER



"I'm seeing ghosts."

Jets fans, that was your franchise quar-terback, Sam Darnold, during Monday night's, Week 7 debacle against the New England Patri-

The second-year, 22-year-old passer burdened with the expectation of franchise savior looked like a JV quarterback and was completely overmatched against the NFL's best defense.

Darnold completed just 11-of-32 passes for 86 yards while throwing four interceptions and losing a fumble.

Quite a drop-off compared to the week prior when he led Gang Green to an upset over the Dallas Cowboys.

The thing was, most of Darnold's struggles weren't his fault.

New York's offensive line was the definition of abysmal as Adam Gase's shuffling did little to protect the young Jets passer.

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Chuma Edoga was forced to move from right to left tackle to fill in the void left by the injured Kelvin Beachum, who is week-to-week with an ankle injury. It forced Gase to put Brandon Shell back in at right tackle after losing his job earlier this season.

Backup left guard Alex Lewis was also playing in his third-straight game while Kelechi Osemele continues to recover from a shoulder injury that could need surgery; which has become an issue between player and franchise.

They even saw veteran center Ryan Kalil - whose better days are clearly behind him leave during the second quarter with an elbow injury. That's after he suffered a shoulder injury during the week.

The results were disastrous as the Patriots were constantly in Darnold's face on Monday night. It's rather remarkable that they only came away with one sack.

New England did little to hide their intentions throughout the night, sending their "zero blitz" time and time again with little resistance.

The "zero blitz" is a

defensive alignment that has zero deep defenders with pass protectors playing in man-to-man coverage.

While it opens the

door for big plays over the top, a heavy pass rush in which six or more players are sent in on the quarterback throws off the passer's timing and doesn't allow for any of those big-time connections to develop.

Thanks to the Jets' sieve-like offensive line, Darnold was forced to get the ball out of his hands quickly, which led to catastrophic results.

It could lead to far worse results in the future - and I'm not talking about on the scoreboard, either.

The Jets' offensive line is setting up Dar-nold to not only fail but to take a beating in the process. It exposes short-sightedness of management to not make a priority out of protecting their fran-chise quarterback, thus limiting his opportunities to achieve long-term success in the NFL.

If the Jets are truly committed to the development of Darnold, the No. 1 thing on their todo list this offseason is to completely overhaul the offensive line and spend their first-round draft pick on protection in the process.

If the Jets continue to perform how they did on Monday night, it's going to be a pretty high pick.



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- 1 One of the Beatles 5 "The Beehive State"
- 9 Slender
- 13 Large stiff collars
- 15 Window glass
- 16 Skimpy skirt 17 Author Harriet
- Beecher
- 18 Comedians' partners
- 20 Little child
- 21 Compete
- 23 Abhor
- 24 Build
- 26 Whopper
- 27 Pet bird
- 29 Arranges 32 In the know
- 33 in; inundated by
- 35 Capture
- 37 Not bananas
- 38 Damages irreparably
- 39 Farm building
- 40 Moral transgression

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- 41 After-dinner candies 42 __ about; praised highly
- 43 Oppressive ruler 45 Place to buy bread &
- 46 Two months ago: abbr.
- 47 Be indecisive
- 48 Like a piercing scream 51 Small bill
- 52 Knight's title
- 55 Mentor
- 58 Innocent
- 60 Suffix for suit or wash 61 Huge amount, slangily
- 62 Hell's ruler
- 63 Three-sloth
- 64 Argument
- 65 "Auld Lang

- 1 In ___; jokingly 2 Mr. Preminger
- 3 Folk singers' gathering 4 180 degrees from SSE
- 5 Rattled
- 6 Skater Babilonia 7 Connecting word
- 8 __ of; paying no atten-
- tion to 9 Hits hard
- 10 Scalp problem

- 11 Printer supplies
- 12 Haze
- 14 Harsh
- 19 Actor Brian
- 22 Like slick winter roads
- 25 Uncommon
- 27 Late singer Mama 28 Look for with expectation
- 29 Without
- 30 Brown or Rice
- 31 Not as vivid in color
- 33 Family tree member
- 34 To __; namely 36 "Over my dead
- 38 Curls
- 39 "Oh, for Pete's 41 Manhandles
- 42 Black glossy birds
- 44 cats and dogs; poured
- 45 Embargo
- 47 Most terrible 48 "Beat it!"
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The Bus UHF Weird Al Yankovic Yoda

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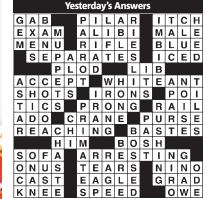
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